

Brahma, the supreme light. The intelligent one, who rightly understands the nature of his organism, provided with nine apertures (external ducts of the body), three supports (the fundamental principles of Vayu, Pittam and Kaphah), five witnesses (the cognitive organs) and lorded over by the self* conscious Ego, is the true seer (Kavi).

CHAPTER CCXLVIII.

THE GOD said :—O Arjuna, O thou the son of Pritha, rules of self control, rules of penitence, posture, Pran&yama, abstraction of the mind from the external \World, meditation, comprehension and SamcLdhi (psychic trance) are the eight essential components of Yoga, which leads to liberation* Cessation of all killing or hurtful inclinations to all creatures and at all times is the highest virtue; compassion spells as the highest bliss. An animal duly killed on the celebration of a religious sacrifice is not killed at all. Speak what is true and pleasant. Cease to communicate an unpleasant truth, nor a pleasant untruth ; this is the eternal virtue* Acquisition of a thing by stealth or force is called Steyam, the contrary of this leads to virtue. Renunciation of sexual intercourse at all times and under all circumstances, whether in mind, speech or act, is called Brahmacharyam (continence). Non-acceptance of gifts even in moments of peril and a studious renunciation thereof is called Aparigraha.

Purification, which is either external or internal, may be effected either with the help of earth and water, or by purifying the thoughts of one's mind. Contentment is resting happy with whatsoever is easily obtained without solicitation. Tapas consists in concentrating the mind and the senses to any particular object, or in bringing about the emaciation of the body by practising ChSndrayanam and KrichcWu